



BULGUR-SAUSAGE STUFFED PEPPERS

Prep: 15 min, Cook: 30 min.

- 2 cups chicken stock
- 1 cup bulgur
- 4 large green bell peppers, tops cut off, seeded
- 1/2 lb. bulk Italian sausage
- 1 cup onion, chopped
- 2 cloves garlic, minced
- 1 cup tomato sauce
- 1/4 tsp. dried thyme

Bring stock to a boil in a heavy saucepan. Stir in bulgur and salt and pepper to taste. Cover, reduce heat to low and **simmer** 8-10 minutes, or until liquid is absorbed and bulgur is fluffy. Remove from heat and set aside. Preheat oven to 350°F. Bring a large pot of water to a boil over high heat. Cook peppers 3 minutes to blanch. Remove peppers from water and rinse under cold running water. Set aside.

Heat a heavy nonstick skillet over medium high heat. Cook sausage, onion and garlic 4-5 minutes, until onion is tender and sausage is no longer pink. Discard drippings. Stir in bulgur, tomato sauce and thyme. Season with salt and pepper to taste and cook 2 minutes, until heated through. Spoon into peppers. Arrange in a baking dish. Cover and **bake** 25-30 minutes.

The recommended wine is: Merlot.



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